

# Worksite Wellness Success Stories

May 2007

## Annual Poker Walk



The Legislative Council Wellness Works Committee hosted its *4th Annual Poker Walk* on Thursday, May 17, 2007. Over 60 staff members from the Senate, House of Representatives, and Legislative Council participated in a lunchtime walk for health, fun and some friendly competition.

Each individual walked a 1.5-mile route from the Capitol Building to the Hall of Justice and back in downtown Lansing. Employees from the LSB Print Shop joined in the event by walking their own 1.5-mile route at the Print Shop office. At five different stations along the way, participants collected a playing card for a chance to win a bucket full of healthy items. Each playing card was assigned a point. A few enthusiastic participants chose to try their luck twice by walking the entire route a second time and gathering a second poker hand.

In the end, **Eileen Gioia** from Senate Information Services gathered 170 points to claim the first place prize. Second place went to **Nick Scheiblaue**r of the House Democratic Communications office, who garnered 149 points with his five cards. Well done!

**Special recognition** is due to all of the employees who braved the wind and misty rain to participate, and to the 11 employees who volunteered to work at the event.

Submitted by Kim Nixon, Legislative Council Wellness Works Committee  
Legislative Service